

# UPtraining

## HOCKEY SCHOOL

**The new season is coming.  
UPtraining will get you ready.**

UPtraining Hockey School was created to help you prepare for the new hockey season. The weeklong school will be led by Pierre Arsenault and accompanied by partner coaches and athletes. Every player receives 5/6 ice times with a focus on skills, conditioning and overall development in preparation for the new hockey season.

Every player will receive the following:

- 5 ice sessions with qualified and experienced coaches (6 sessions for peewee/bantam)
- An UP training practice jersey
- All ice times at Tanramar Veterans Memorial Civic Centre

### **GROUP #1 (Novice) (2012, 2013)**

Size: Limit of 25  
Dates: Sept. 26<sup>th</sup>-Oct. 4<sup>th</sup> (actual ice times will be provided after registration is confirmed)  
Cost: \$110 (5 ice times)

### **GROUP #2 (Atom) (2010, 2011)**

Size: Limit of 25  
Dates: Sept. 26<sup>th</sup>-Oct. 4<sup>th</sup> (actual ice times will be provided after registration is confirmed)  
Cost: \$110 (5 ice times)

### **GROUP #3 (PeeWee/Bantam) (06, 07, 08, 09)**

Size: Limit of 25  
Dates: Sept. 26<sup>th</sup>-Oct. 4<sup>th</sup> (actual ice times will be provided after registration is confirmed)  
Cost: \$125 (6 ice times)

NOTE: If there is enough interest, we can split Peewee and Bantam to form 2 groups.

**REGISTER TODAY!**

To register, contact Karen Arsenault  
at [coach@uptraining.ca](mailto:coach@uptraining.ca)



Coming soon  
[www.uptraining.ca](http://www.uptraining.ca)